

Laughter and Joy in Prayer



“Create a habit of happiness and laughter instead of a habit of worry. When you laugh, it lowers stress hormones and relieves stress. Laughter also boosts the immune system, protects the heart, and improves overall health. Ten belly laughs a day are equivalent to getting a good aerobic exercise workout, and they’re the ultimate ‘stress buster.’” Don Corbert, MD

As those who want to serve God wholeheartedly in prayer, it is critical that we maintain a good heart attitude in life.

If you look around, you see many people incredibly stressed out, worrying and without hope about the future and what will happen. Their hearts are troubled. Many are burdened and are using all of their resources fearing the future rather than really living life to the full.

Is this really how God wants us to live?

Did you know that laughter helps promote good health? A laugh can help lower your blood pressure, boost your immune system, improve your brain function, elevate your mood, reduce your stress, help you relax, and protect your heart.

In Proverbs 17:22 the Bible says, “A cheerful heart is good medicine.” In Nehemiah 8:10 we read, “...for the joy of the Lord is your strength.” The Bible supports the fact that cheerfulness and joy promote good health. Paul exhorts us in Philippians 4:4-5, “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.”

But is it possible to rejoice in the Lord always?

Paul states it twice in Philippians 4:4. He knew that it is something we have to command and encourage ourselves to practice. Struggles are not easy, but Paul, while in prison, was able to rejoice. And then he tells us to pray about everything with thanksgiving as we present our requests to God.

Perhaps prayer is a key to the ability to rejoice always.

It certainly is not easy to rejoice in certain circumstances of life, but there really is a choice of how we will view them. God has an answer for everything, even when we don't see it through our human eyes. He knows the beginning from the end, and it is our choice if we want to link with Him or not. The world is negative and tries to squeeze us into its mold, but God has a way that we can walk through our circumstances victoriously.

Joy is a fruit of the Spirit. It is not something we can create ourselves. God's joy is supernatural and can remain deep and abiding even when we are in the midst of hardship. It is not the absence of pain or difficult circumstances. What could be harder than prison? But it is learning to let God's Spirit fill you with His unquenchable joy, regardless of your circumstances. For a world looking desperately for hope, your life becomes a miracle and a testimony of Christ's light.

Choosing to pray is not always easy, but it is the true path of life.

Psalm 16:11 says, "You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." There is joy in the secret place of prayer. There is joy as we choose to center our life in God and knowing Him. There is joy, laughter, and breakthrough even in the darkest of circumstances when we choose to make Jesus our highest ambition, our deepest desire, and our greatest goal. Then He breaks through for us with transcending peace and supernatural understanding.

"True laughing offers one of the most powerful and natural healing methods without any side effects. Laughter lowers the stress hormones cortisol and epinephrine. It increases feel-good hormones. It keeps you squarely in the present moment. It helps you to reframe and feel thankful and helps you to see negative events in a more positive light. There's not a single bad thing laughter will do for your body and mind." Don Corbert, MD

By Debbie Przybylski
Intercessors Arise International
Equipping believers to grow in prayer, intercession, and intimacy with God.
intercessorsarise.org